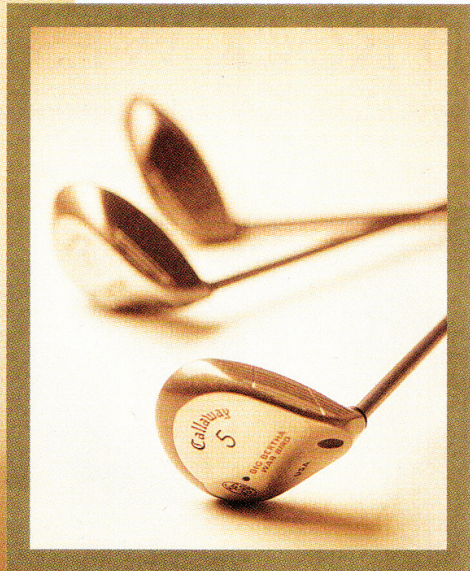
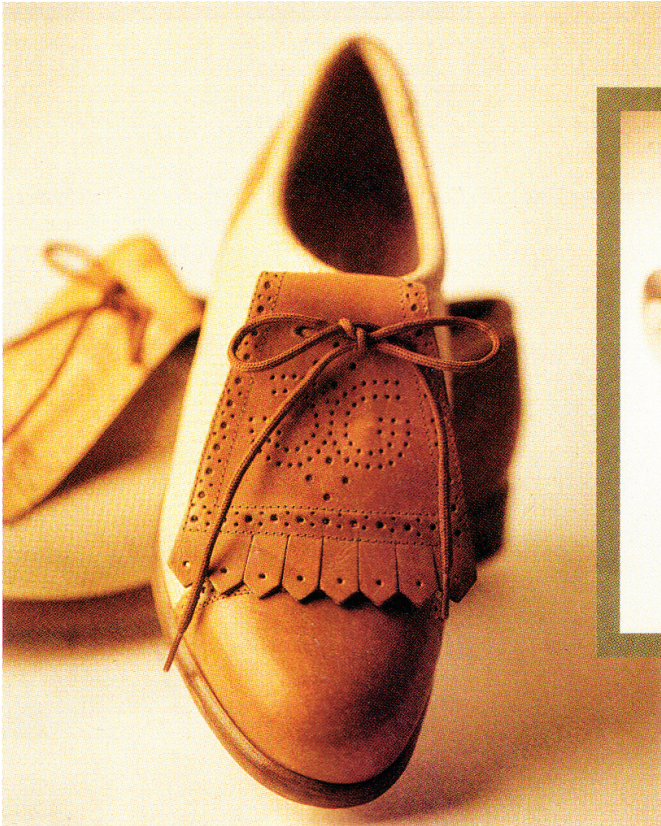


By Dale Kern

STYLELOG



Left: Walter Genium leather and linen women's golf shoe from Los Altos Golf Company. Right: Callaway Big Bertha War Bird clubs from Don Sherwood Golf & Tennis World.

WHILE GOLF BRINGS JOY to those who love the game, it also can bring its share of physical ailments. Dr. Kenneth Light, spine surgeon and medical director of the San Francisco Spine Center, offers some suggestions to keep you on course.

- ☉ Golfers of all ages should always do at least five minutes of warm-up exercises before playing.
- ☉ A warm-up should incorporate slow, even stretches—no bobbing—and include lying down and drawing knees to the chest; hamstring stretches; and slow, rotational twisting.
- ☉ After stretching, warm up using your clubs: Swing five times with your shortest club, then hit twenty-five golf balls at three-quarters of your normal swing.

Whether on the course or off, togetherness can add tension to a relationship. A fine way to restore that romantic feeling is to visit, *a deux*, one of the Bay Area's day or overnight spas. Tea Garden Springs (38 Miller Ave, Mill Valley 415/389-7123) is one of the best day spas around. Jacqueline Sa and her partner, Roy Nee, have created a beautifully serene environment featuring a trickling stream, a pre-therapy cool-down area with a selection of refreshing Chinese teas, and handsomely appointed rooms in which to savor aromatherapy baths, revitalizing treatments, and a variety of massages to be enjoyed alone or with your mate.

